

The secret to being confident lies in the amount of time you put into yourself. You realize your worth when you work for it.

Oliver_Sad

SPELL YOUR NAME

.....NOW WORK IT OUT

A: 50 JUMPING

B: 20 CRUNCHES

C: 30 SQUATS

D: 15 PUSH UPS

E: 1 MIN. WALL SIT

F: 10 BURPEES

G: 20 SEC. ARM CIRCLES

H: 20 SQUATS

I: 30 JUMPING JACKS

J: 15 CRUNCHES

K: 10 PUSH UPS

L: 2 MIN. WALL SIT

M: 20 TOE TOUCHES

N: 40 JUMPING JACKS

O: 25 TOE TOUCHES

P: 15 ARM CIRCLES

Q: 20 CRUNCHES

R: 15 PUSH UPS

S: 30 SIT UPS

T: 1 BACK BEND

U: 3 MIN. WALL SIT

V: 30 SEC. ARM CIRCLES

W: 20 SIT AND REACH

X: 60 JUMPING JACKS

Y: 10 CRUNCHES

Z: 20 PUSH UPS